

CANADA'S WELCOME TO WOMEN



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THE SUPERINTENDENT, WOMEN'S BRANCH
Department of Colonization, Agricultural
and National Resources

Canadian National Railways

17-19 COCKSPUR STREET
LONDON, S.W.1

CANADA'S WELCOME TO WOMEN

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TABLE OF CONTENTS

<i>What Canada is Like</i>	3
<i>A Chance for the Educated</i>	7
<i>Short Cuts in Housework</i>	9
<i>Town or Country Life.</i>	14
<i>A Welcome to the Willing</i>	17
<i>For the Wife and Mother</i>	19
<i>How Some Girls Like Canada</i>	23
<i>Wages in Canada</i>	29
<i>General Information</i>	30

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WHAT CANADA IS LIKE

A Land of Variety

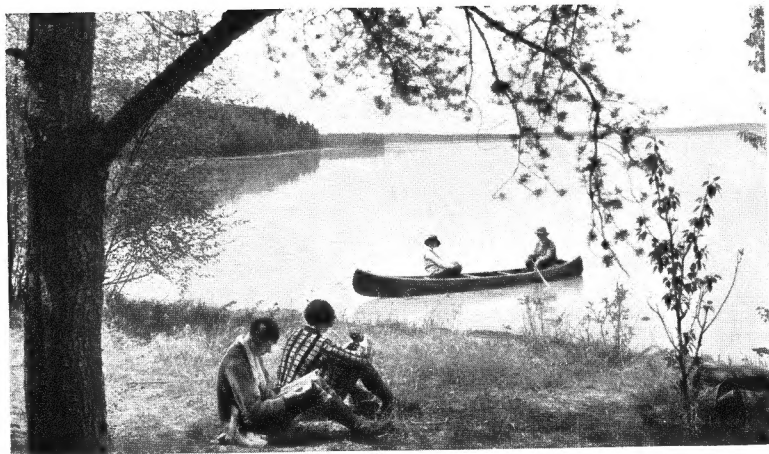
THE full significance of the size of Canada and the great variety of conditions which are embraced in so wide an area are rarely grasped by people who are thinking of going to the Dominion. It should be remembered that Canada is equal in extent to the whole of Europe and that its climatic, industrial and other conditions are almost as varied as those of the European Continent, so that facts which may be quite true of one part of it may not in any respect apply to another.

The Maritime Provinces, which include Nova Scotia, New Brunswick and Prince Edward Island, all lying along the Atlantic coast, were settled at about the same period and under similar circumstances, and in them the life and conditions are about the same. Quebec, which was the original French Canada, and a part of the Dominion to be first settled, has to a great extent remained French, especially in its rural districts, and consequently has a character distinctly its own. To pass from Quebec to Ontario is like going to a totally different country. Ontario is one of the oldest settled English-speaking provinces. As well as being one of the largest, it is the most populous, and it has made great advance in the development of its industries, and especially of its agriculture. Its institutions have become more definitely established and conditions of life are more settled than is the case in Western Canada.

To the westward in the three new provinces, Manitoba, Saskatchewan and Alberta, another phase in the varied aspects of the Dominion is encountered. On these wide prairies institutions and conditions are still in process of formation and life is less settled than in the East.

Beyond them rises the formidable barrier of the Rocky Mountains, and a vast unpopulated Alpine region which someone has aptly called "Fifty Switzerlands in One." Then on the Pacific slope of British Columbia there is another change, perhaps the most marked of all, the climate, physical characteristics, and life of the people being quite different from those in any other part of this great country, which comprises half a continent and is bounded by three oceans.

Any woman who is planning to go to Canada to settle there will see from this how very important it is that she should obtain reliable information about the part to which she is going. She may have



Summer Enjoyment

friends in Nova Scotia or Alberta who will give her a true picture of the life there, but they would not be qualified to give her any idea of what she might meet in Ontario or British Columbia.

There is also a pronounced difference in the conditions prevailing in the towns and in the rural districts, even in the same provinces, and the city dweller may not be able to give an accurate description of country life, nor can one who has lived only on a farm be depended upon to have a true understanding of the social and industrial elements that go to make up the town.

The woman who prefers a more settled life, and conditions which will not present so marked a contrast to those to which she has been accustomed at home, will probably find one of the older Eastern provinces more to her liking. There she will not meet with so great a change nor find it necessary to adapt herself to such strange surroundings, and in addition to this she will not be so far from her old home and will find it easier to return when she wants to pay it a visit. In these provinces she will find a climate in which there are not such extremes of heat and cold as are met with farther West, although both are more pronounced than in any part of the British Isles.

Climatic Conditions

The girl who has a spirit of adventure and enjoys a life more free from conventions, or one who has a desire to see something of the



Winter Fun

progress and development of a new nation and would like to have a share in it and feel that she is playing a part in the noble task of Empire building, will no doubt choose to go to the West, and perhaps to one of its newer districts. On the prairies the winters are colder and summers warmer than elsewhere. But people in this country have a very erroneous idea about the Canadian winters in general. Every British man or woman who has lived for any length of time in Canada, even in its coldest parts, will agree that when they return they suffer far more from cold in this country than they did on the other side of the Atlantic.

Although the prairie winters are much colder than are ever experienced here or in Eastern Canada, the air is so dry and has such a wonderfully exhilarating quality that one does not suffer from cold as in a country where the temperature may not be so low, but where the humidity is greater. Moreover, there is such constant and brilliant winter sunshine that one is saved from the depression which the winter in a damp climate engenders.

Those who like a bracing climate will find it on the prairie, especially in the western part of it where the altitude is higher. The clear, thin atmosphere is highly invigorating. The bright sunshine inspires great buoyancy of spirit, and those whose throat or lungs may not be strong will find it beneficial. The same applies to all the Rocky Mountain area.



An average suburban residence

On the other hand a woman of highly-strung type or of a particularly nervous temperament should avoid the prairies and the high altitudes. The stimulating atmosphere of these regions is likely to keep her at too high a tension and she may not take as much rest as she

should. One of this temperament will find the Pacific coast best suited to her. In its benign, sedative atmosphere, insomnia, dyspepsia, and kindred nervous ailments are almost unknown. There is probably no part of the British Empire that enjoys a more equable climate than the lower mainland and Vancouver Island. The winters are mild, with little frost or snow, and the summers are bright and pleasant with no extreme heat.

But it must be borne in mind that this applies only to the coast and not to the whole of British Columbia. This province is three times as large as Great Britain and Ireland together, and throughout its wide area there is as great a variety of climatic conditions as is to be met with in the whole of Canada, or even in the whole of Western Europe.

Although in Canada there is much work to do and only workers are wanted there, it must not be thought that it is a land of all work and no play. The Canadian people go about their sports in the same spirit and with the same zest with which they attack their work.

It is a country where outdoor sports, such as picnicing, boating, bathing, fishing and camping may be enjoyed by everybody. Nor are these open-air pleasures limited to the summer. Nowhere can there be found greater opportunities for winter enjoyment in the open. On the prairies there are ski-ing and snow-shoeing. In every town and village there is a skating and curling rink, where the season's merriment reaches its climax in an ice carnival. In the rural districts

there is skating on the lakes and rivers, and everywhere there are sleighing and tobogganing or bob-sledding.

Then there is ice hockey, for which the claim is made that it is played at a speed greater than that of any other game. It would be impossible for one even of the most stolid temperament to remain unmoved at an ice hockey match in Canada, the speed is so great and the skill of the players so wonderful.

The newcomer will never forget the first of these matches of which she is a witness, and it may not be long before she herself becomes a player of this exciting game, for everywhere there are girls' hockey teams, and matches are arranged between those of neighbouring towns.



A CHANCE FOR THE EDUCATED

A Way to Opportunity

With the exception of the household worker, it is not possible to assure any woman, whatever her profession or trade, that she will be certain of finding employment unless a post has already been arranged for her through friends or some other agency. Only those who have been for some time on the ground and are acquainted with people and conditions are able to take advantage of openings that occur. At the same time there has never been a period in her history when Canada has offered greater opportunities for the woman of courage, initiative and self-confidence than she does at present.

The woman of education and culture who goes to that country and is willing for a time to undertake work of a kind which at home she would not have chosen, and thus prove her adaptability and fitness for life in a new community, will find that it will not be long before she will arrive at her own place, the one in which she can give expression to her highest faculties.

But unless she has friends to whom she can go, or enough capital so that she can bear any expenses which may result from a delay in finding the special kind of post for which she is best fitted, the woman of education is advised to undertake to do household work until she can get her bearings in the country and find a post suited to her training.

This course has advantages to commend it. She will have the benefit of the Government's organised aid and protection on her way to her destination in the country, the privilege of its hostel on

her arrival there, and the right to call upon that institution at any time afterwards if she should feel in need of advice or assistance. She will be absolutely sure of finding employment immediately upon her arrival, and will receive a wage which, compared with that paid for other classes of industrial work, is high, so that instead of spending her capital while looking for the occupation in which she hopes eventually to engage, she will be augmenting it.

Moreover, she will have an opportunity of gaining practical experience in Canadian household methods and a knowledge of the domestic economy of the country which, should she marry there, as is most likely, will be of inestimable value to her when she has a house of her own to manage.

For the girl of this class who is strong and fond of country life, the newer sections of the West offer a good field. There is no question that her opportunities for advancement in or near the small but rapidly growing towns and villages of the Western Provinces will be much better than in the large towns and cities.

If she goes to a farm near a new Western village, she will have to work harder than she would in a house in one of the cities, but she will meet with more kindness and more friendliness there. Whatever the neighbourhood affords in the way of social pleasure she will have the privilege of sharing. She will be welcomed at the meetings of the Women's Institute, or the Women Grain Growers' Association and her participation in the activities of the organisation will be eagerly sought.

And when the chance comes for her to get into other work for which she considers herself better fitted, or which she thinks will be more congenial, unless she has specialised in some particular line in which she is very efficient, she will be far more likely to find an opening in the small place which she may be in or near than she would in a large city.

In the Country Town

Rapid development is characteristic of Western Canada. Business expands quickly and openings of a commercial or professional nature occur. In any large town or city there would probably be many applicants in advance for these positions. But in the small new place there is no such competition, and it is there that the young woman with some business or clerical experience, or with adaptability and willingness to learn, will have her chance, and it is only the one who is on the ground who will be able to take advantage of these opportunities. Although the new work upon which she enters may seem small and unimportant at first, it will give her a start and after that her progress will be limited only by her own ability.

In the cities and large towns where institutions are more firmly established, the period of swift growth and expansion is past, and development does not take place so rapidly, so that even if the newcomer should be able to meet the keener competition her advancement would be slower. Moreover, because of that competition, the salary she will receive in the city, unless she is highly efficient, will be lower than in the small town, and the cost of living will be higher.

The social advantages also are an important consideration. The girl who goes to work in a school, office, or shop in a city to which she comes as a stranger will, at best, make friends slowly. But in the village or small town she will soon know everyone, and if she has a happy disposition and is kindly disposed toward her fellow beings she will be made welcome in every house. She will be invited to join the Home-makers' Club and the Literary Society, and to take part in the Dramatic Club's production, the Rowing Club's regatta, the Ice Carnival, the tennis dance, and all the social and sporting activities of the communities.

The number and variety of these that she will find in a small Western town will be one of the many pleasant surprises that Canada has in store for her.



SHORT CUTS IN HOUSEWORK

Time-Saving Homes

In a new country, where there is much work to do and few hands to do it people have to learn how to obtain the best results with the least expenditure of labour. The women of Canada have tried to solve this problem in the matter of their housekeeping which, in houses of all classes, is simpler than in this country. The houses are also more simply furnished. An average Canadian drawing room seldom contains half as much furniture as its Old Country equivalent, and certainly not a fraction of the ornaments and decorative objects which are so numerous in some of the drawing-rooms of the same size and class on this side.

Rarely is the large country house, so common in the British Isles, seen in Canada. With a few exceptions, the only country house in the Dominion is the farm house, and the private establishment in which a big staff of servants is kept is found only among the homes of the very wealthy in large cities. These represent but a small



In the town house kitchen a refrigerator keeps food fresh

proportion of the population of the country, and even in the average large house in the best residential sections of the cities there are seldom more than two servants employed.

These are houses which would correspond in size and in the standard of living maintained in them to those in this country in which probably a staff of six servants would be considered necessary. That it is possible to conduct them with one-third of the number is owing to their having been built with the scarcity of household workers in view, and with the idea of convenience and economy uppermost in mind.

By concentrating on this problem, and because necessity is the mother of invention, the architects, whose plans were always subjected to the criticism and alteration of the women who were to live in the houses, have evolved designs in which convenience and comfort have been combined, and in which many devices and appliances for saving work have been introduced.

In very few houses is the basement kitchen found, and kitchen and dining-room are almost invariably adjoining, with perhaps a pantry, which serves the purpose of a china closet, between them. They have swinging doors through which the tray-bearing house-table maid may pass without pausing. All the other living rooms are on the ground floor, and there are seldom more than two floors above. Housemaid's knee is an affliction never heard of. The floors of most rooms are of hardwood, which are dusted and polished with long-handled mops and polishers, while for rugs, carpet sweepers or vacuum cleaners are used. The kitchen floors are covered with linoleum. There are no stone sculleries, area ways, and stone doorsteps to be scrubbed, and the front doors are not adorned with numerous brass ornaments which must be kept polished.

Houses of this type are usually heated from a furnace in the basement, the heat being carried to all the rooms, so that the bedrooms and corridors are as warm as the sitting rooms. While there are fireplaces in most of the rooms of a house of this class, those in the sitting-rooms are used only for chilly evenings in summer or for the cheer they impart in winter, and it is not often that more than one is kept going. Those in the bedrooms are rarely used. In the newer houses each fireplace has opening out of it a chute, connecting with a bin in the basement. This chute has a cover which can be



A Canadian range. Note the warming closet at top

opened, and the ashes and cinders are brushed into it and find their way to the basement receptacle without having to be handled or without filling the room with dust in the process. Lighting many fires every morning is practically unknown in Canadian homes. Every house into the construction of which some thought and ingenuity have gone, has a laundry in the basement, which is equipped with stationary cement tubs, with hot and cold water laid on and with pipes to carry away the waste water. In this laundry there is usually a patent washer run by electricity or by power from a water-tap, and a stove for boiling the clothes. A tin boiler which is easily lifted on and off the stove is used. The copper employed in this country would be regarded as a curiosity in Canada and no one would understand its use. The laundry is generally only two or three steps below the yard where the clothes are dried, and the wire line is usually adjusted by a pulley over a platform beside these steps which the worker need not leave in order to hang out the clothes. Canadian housewives make electricity serve them more than is done by women on this side, probably because it is less expensive in that country where there is more natural power for generating it. It is



Electric percolators, toasters and grills are convenient breakfast time helps in better class homes

used not only for ironing and the operation of suction sweepers, but in small households where there is only one or no servant the electric toaster and coffee percolator are often made to serve on the breakfast table, the housewife, if she has no help, preparing the breakfast by their aid without going into the kitchen.

Visitors in Canadian houses are not followed about with jugs of hot water as they are here. Town houses, of the class now being considered, have more bathrooms than those of the same size here and the principal bedrooms which have not their own bathrooms adjoining are fitted with basins with hot and cold water connections. The washstand and its cumbersome equipment are seldom seen in a modern house.

Another obsolete piece of furniture is the wardrobe, which takes up much space in all British bedrooms. Every bedroom in an up-to-date house has opening out of it what a Canadian woman calls her "clothes closet," which in well-appointed houses is fitted with drawers, hat boxes, and other conveniences.

Ideal Small Houses

There is a class far more numerous than the foregoing in every city and town, who live in smaller houses and enjoy a great deal of comfort, and in many cases what might even be called luxury. In these only one assistant is kept, and the mistress takes a share of the work. These smaller houses are seldom built in rows or terraces,

but more frequently stand in their own small plot of ground. They never have more than two floors. Many of the newer ones are of the bungalow type.

They may have only one bathroom, and they may lack the hot and cold water in the bedrooms and the vacuum cleaner, but they nearly all have furnaces, stationary wash-tubs, electric light, carpet sweepers, telephones, gas cookers and many other means of saving time and work.

Many of these small houses have furnishings which are fixtures. Not only the kitchen cupboards and shelves, but the dining-room buffet or sideboard, the book-cases in the library or sitting room, and the chests of drawers and dressing tables in the bedrooms are constructed with the house and are part of it. It should hardly be necessary to add that this method of building does away with the need of a periodical turning out, and even makes it possible for the housewife to contemplate spring cleaning with equanimity.

The Canadian housekeeper also saves time and energy in the preparation of meals. Nobody has early tea, and afternoon tea is not a regular institution in the majority of homes, consequently dinner is served earlier. It is seldom later than seven o'clock, and far more often at six, and late suppers are not indulged in.

One of the greatest time-savers of all is the telephone which is in almost universal use. The city of Vancouver boasts that it has a telephone for every four of its population, and almost the same thing is true of every other city and large town, while a wonderful system of cheap rural telephones has in late years made a great change in farm life.



A typical Canadian city



TOWN OR COUNTRY LIFE

Both Have Advantages

The woman who goes to Canada to engage in household work will find that the difference between town and country domestic life is more pronounced than here. She will find that each has its own character and its own duties and also that each has its own distinct social system.

In town houses, where two or more servants are kept, the relations between mistress and maids will be found much the same as here. The hours are shorter and the worker generally enjoys more freedom and more opportunity to act on her own initiative than in this country, but so far as the social amenities are concerned there is little difference.

The workers in town houses are not required to rise so early as is necessary in the country. In town households, where one assistant is kept, breakfast is usually served from seven to nine o'clock, luncheon at one, dinner at six. Where there are small children dinner is almost always served at mid-day and the evening meal is what in this country would be called a high tea. This arrangement is much better for the worker as it greatly lightens her afternoon and evening work. She always has one afternoon a week and every other Sunday free, and in some households every Sunday. Often she is free to go out every evening as soon as the last meal is cleared away and the kitchen set in order.

The question of laundry work is one which depends upon the terms of the agreement between employer and employee. It has been explained that the basement laundries are conveniently arranged and well equipped with scientific appliances. They are cool in summer and always well heated in winter. All starched things, such as men's shirts and collars, are usually sent to a steam laundry, and very often all household articles, such as sheets, table-cloths, towels, etc. It is customary in most houses, unless the family is a small one, to have a woman come in once a week to do the washing, and often the ironing as well. But if the household is a small one, a laundress may not be employed and the regular maid is expected to do that part of the work which is not sent to the steam laundry. But if it has been agreed that she is to do the washing the mistress of the house will prepare the meals and do the other kitchen work on washing day.



A lesson in the use of the electric washer

On farms things are necessarily different. Canadian farm houses, except those quite near towns or in old and well-settled sections, do not have electric light, which means not only that oil lamps must be used and kept cleaned and filled, but that the electric iron and the many other electric appliances which are so much used in town houses may not be employed in the saving of time and steps. The woman in a farm house cannot prepare the breakfast on the dining table but must make a fire in the kitchen range to do it.

The Canadian Kitchen Stove

It may be explained here that one of the first things the new arrival will have to become accustomed to is the Canadian kitchen stove, which has little resemblance to its Old Country equivalent. It stands out from the wall and is not a permanent part of the house, but one which moves with the tenants like any other piece of furniture. Most town kitchens also have gas cookers which are used for auxiliary purposes and in hot weather. This, however, is a luxury rarely met with in the country.



*This cupboard door makes a handy board
for the electric iron*

Many farm houses have no system of waterworks and consequently there is neither hot nor cold water pipes to the bedrooms, and sometimes not even a bathroom. They are not always as carefully planned with regard to convenience as town dwellings and they lack many of the labour-saving devices of the latter. Earlier rising is the rule. During the busy summer season breakfast must be over so that the men can be out to work by seven o'clock. In the greater part of Canada the season in which agricultural operations can be carried on is not so long as it is in this country, so that the work during that period has to be done at higher pressure. The domestic worker will therefore find her duties much more strenuous during the summer than she would in a town house.

But practically all farm houses of the better class are heated by furnaces. They have patent washing machines and carpet sweepers, and the floors of the kitchens and pantries are laid with linoleum. Everything that can possibly be done to lighten the work has been done. They nearly all have telephones. Another important time-saver found now on almost every farm is the motor car. While both the telephone and the car have been made part of the farm equipment for strictly utilitarian purposes, they have at the same time greatly altered and improved the domestic character of rural life by reducing the distance between neighbouring farm houses and between them and the towns, thus making general communication easier and social intercourse freer and doing away with the loneliness which used to be the great hardship of farm life for women.

The worker in the country has one very great advantage over her sister who elects to go to the town in the different social status which she will enjoy. In towns the maid does not take her meals with the family, or share the use of the family sitting rooms, or in the general life of the household any more than she would in this country, especially in the Eastern part of the Dominion, although

in the West the Companion Help is becoming steadily more popular. The girl who goes to a farm will find that her employer shares all tasks with her and works as hard as she does and is too busy for the consideration of social distinctions. Meals are taken with the family, and the maid is regarded as a member of the household in every respect, taking part in the family life and sharing in any social relaxations or pleasure that opportunity offers. A place is made for her in the motor car so that she may accompany the family to church, on shopping expeditions to town or to social gatherings at neighbouring houses. In the country there is more friendliness and kindness than in towns, and very much more than in large cities.



A WELCOME TO THE WILLING

The Secret of Success

As the greater number of households in Canada employ only one helper, the young woman who goes there to take up domestic work must be prepared to undertake every household task. It will not be necessary for her to know how to do everything before she goes. The important point is that she should be willing to learn, for even if she has had experience in this country, or has taken a course in domestic science, she will find that she still has many things to learn. Canadian households are planned and ordered differently in many



Nearly every Canadian house has a verandah

respects from those on this side, and the girl who decides to cast in her lot with the Dominion must be ready to give up many of her old ideas and methods and to adopt those of her new home. If she can do this and be willing to accept things as she finds them and ready to adapt herself to the conditions and people about her, she will be almost certain to find that the woman who employs her will be kindly disposed toward her and ready to make allowance for inexperience. She will have a sympathetic understanding of the loneliness and the home-sickness which will probably depress the stranger during her first few weeks, and of all the difficulties and perplexities with which she will be confronted. She will overlook blunders and be patient with shortcomings.

Here must be given a warning which has been sounded many times but to little effect. The Canadian housewife will not permit any newcomer in her home to offer her advice as to how she shall manage it. Strange as it may sound, in spite of the repeated injunctions, the majority of young women going from this country to Canada consider it their duty, immediately on their arrival, to try to re-organise the households of which they find themselves members, and to offer enlightenment as to how things are done at home.

The average Canadian woman is an excellent housekeeper. Life in a new country has developed her initiative and resource. It has made her independent, alert and capable, equal to emergencies and able to perform any household task quickly and efficiently. She has learned how to economise energy and she knows what articles of furnishing and other equipment are essential and those that may be dispensed with. By the time the newcomer has lived for a few years in the country, and perhaps has a home of her own and has learned something of the exigencies which have to be taken into consideration in its management, she will understand how impossible it would be to introduce Old World methods into New World houses, and she in her turn will be quick to resent any such attempt on the part of a recent arrival from the Home Land.

One of the most important questions which every woman going to Canada has to consider is what she should take in the way of clothing. She will want clothes of practically the same character and quality as those she has been used to wearing here, with the addition of some heavier woollens for winter wear if she should be going to one of the Prairie Provinces or to the colder parts of the East. Providing herself with a large stock of clothing is a mistake which many a girl going to Canada makes, and one which she invariably regrets. Instead of purchasing clothing enough to last for years it is much wiser to keep the money and buy things as they are needed, thereby

keeping her wardrobe up-to-date instead of being obliged to wear garments that have become old-fashioned. Anything in the way of clothing that can be purchased in any other part of the world can be purchased in Canada. Every city has large, handsome shops, whose buyers visit the fashion centres of London and Paris, and whose showrooms would be a revelation to the girl who thought it necessary to bring with her an outfit which should last until she could make a visit home.

It is difficult to make a definite statement as to the comparative cost of clothing in Canada and in this country, as the prices depend on the character and quality of the article demanded. While some articles cost more in Canada, others cost about the same, and some perhaps less.

Before the War clothing cost considerably more in Canada than here, but since the general scale of prices has advanced so greatly in this country the difference is much less, although the general average of cost may still be a trifle higher than here.



FOR THE WIFE AND MOTHER

A New Life for Her Children

At the present time there are various schemes for helping families to settle on the land in Canada. The woman who goes with her husband and children under one of these schemes will have to face new and strange conditions on the farm to which they will be directed, as it is certain to be very different from the mental picture she has formed of it.

She must be prepared to meet with disappointment, discouragement and hardship during the first year or two, or perhaps even longer. Even after the home-sickness and depression have passed and discouragement has given place to confidence, and failure to success, her life for many years will be one of hard work.

But it will be work which will bring its own great satisfactions, and the chief of these will be the realisation of what the new life will mean for her children. It is for her children, no longer subject to class distinction and old conventions, but with greater liberty to exercise their initiative and to develop their powers of resourcefulness, that the new land is big with promise.

The very first of the advantages which she will learn that her children are to enjoy is a system of education of a very high order in free schools founded on democratic principles, in which the children of



A Canadian Government Hostel where new arrivals stay until they go to situations

rich and poor mingle in the greatest of all democracies, that of learning.

The school to which the children of the new settler on the land will go may be only a small and primitive looking structure with but one teacher. But that teacher will have exactly the same qualifications and will be subject to the same Government inspection as those in the largest city schools, and the course of instructions given and the text books used will be exactly the same. The child of the new settler who goes to take his first lessons in the little wooden school has as good a chance of reaching the University as the child who gets his start in one of the most highly organised city schools.

The free schools of Canada, which are under Government control, are highly respected by all classes in the country and are used by all classes, and the great majority of men and women who to-day are holding positions of importance and responsibility in the educational, professional and official life of the Dominion had the foundations of their future work laid in them. Many of those whose names are now household words throughout Canada learned their first lessons in just such little rude buildings as those which await the children in the new settlements now.



Red Cross nurses meet women and families at ports and help where needed

The woman who goes with her family to their farm in a new settlement may not have many neighbours, and those she has may not be very near to her. But, however sparsely settled the district may be, she will find that the few neighbours she has will be ready to meet her with warmth and kindness, provided she herself shows a friendly spirit and a willingness to accept their point of view and to adapt herself to their customs.

Unless she has gone to a very remote and lonely place she will soon make the pleasant discovery that the community, however small it may be, is not without its social life.

There will be social gatherings in connection with the Church. There will be perhaps a Christmas Tree gathering at the school or an Empire Day celebration, at which a programme will be given by the children and to which all the parents and their neighbours will be invited. There will be picnics in the summer and "Surprise Parties" in the winter. The "Surprise Party" is a spontaneous and delightful expression of the spirit of a community in which true friendliness and a simple kindness have taken the place of formality and convention.

In most of the rural districts the farm women have organisations for the purpose of mutual improvement, exchange of ideas and to keep them in touch with the rest of the world.

Women's Institutes in Canada

In many places there are the Women's Institutes which have been in existence in Canada for nearly thirty years. Women in this country have in recent years become acquainted with the work and objects of this movement, which was introduced to the Old Land by a Canadian woman and has had a rapid growth here.

The Institutes in Canada are conducted along slightly different lines, in order to meet the particular needs of the farm women, but the fundamental principles are the same and the woman who has belonged to the Institute in her village and who is so fortunate as to be near one in Canada will find in it a strong link between the old home and the new.

If there is not a Women's Institute in her neighbourhood there may be a branch of the Women Grain Growers' Association or one of the Home Makers' Clubs, which, in some of the Prairie Provinces, are organised in all rural districts and have done much to brighten the lives of farm and village women. The spirit animating all these movements is one of co-operation and mutual helpfulness.

Canadian women are remarkably public spirited, those of all classes taking a keen interest in movements for social and civic improvement. There are organisations which have for their object social and political reforms or the education and artistic development of the community. They all have large and enthusiastic memberships, and women of every class are not only enrolled thereon but take an active part in their management and executive work. All over Canada there are thousands of women who perform all their own household duties and yet find time to attend the meetings and help to forward the objects for which these various societies are organised. One of the most important of these (a branch of which is to be found in every large town) is the Women's Canadian Club—a patriotic and intensely democratic body, whose chief object is to give its members an opportunity of hearing addresses from distinguished visitors.





HOW SOME GIRLS LIKE CANADA

Happy and Glad they Came

Below are given extracts from a few out of many letters received during the last few months from girls who have gone to Canada with Canadian National Railways' conducted parties.

Calgary, Alberta,
June 23rd.

Dear Miss Durham,

I am just writing a few lines to let you know that I am going on all right in Canada, so far, which I hope will continue. We were well looked after from the time we left Cardiff until we reached Calgary; the crew on the "Ascania" were awfully good and kind to us. They were a most jolly crowd and looked after everybody well, and they deserve a good name for themselves. I have got a splendid situation here in Calgary and I like it very much, and I only wish I had come out to Canada a few years ago. You feel more free here and everyone is so kind to you, it is different to the Old Country. I have been in Calgary just a month and I think it a beautiful place, and I am just going for two months' holiday with the people I am working for. I shall just love it.

With kind regards,

OLIVE C.———

Rosedale, Toronto,
June 27th.

Dear Miss Durham,

I've much pleasure in writing to let you know how I am getting on in my new home. I must say I am more than delighted to have come here. I have got into a fine place as cook-general at above address, at \$45 (£9) a month, and the very finest of people. I could not speak highly enough of them, I feel so happy. We have been very busy since I came as they are having an extension put on to the house so that means all kinds of workmen in, bricklayers, plumbers, plasterers and electric fitters and carpenters, but I am very happy for all that, and the wages are very encouraging. I have only one regret, and that is waiting in the Old Country so long, as I feel I have been wasting my time. I must conclude now, thanking you for your help in getting me across to Canada.

ELIZABETH H.———



Women's Institutes originated in Canada. Meeting at a farm house

Alberta,
August 2nd.

Dear Miss Durham,

I landed in Canada safely and am getting along splendidly. I do like Canada well.

I am in a nice home about seventy-two miles out of Calgary. There are three children, two boys and a girl, very good children. I am living in a little town. A girl from Portadown (about twenty-two miles from Belfast) came out with me; she doesn't live very far from me. She and I go out together often, so it's nice to have someone near you from the Old Country.

Strange to say, I didn't feel a bit homesick. It was a nice voyage—I enjoyed it, and the train journey was lovely.

I am getting twenty dollars a month, so that's very good for a start.

(Signed) PEGGY M———

M.M.4, Edmonton, Alberta,
September 13th.

Dear Miss Durham,

At last I must take the opportunity in writing you a few lines to let you know that my wife, Mrs. L., and family arrived quite safe at Edmonton and am pleased to say all are lovely and had a great time on their voyage, and I am also thanking you from the bottom of my heart for your great kindness in helping my wife and



A happy Canadian National conducted party

family out to this country. Well, I can assure you the way the officials care for the wives and families is such that no person should ever need to worry over the trip to Canada. We are in a very nice place here, only four miles from the city of Edmonton, and 100 yards from a school and situated very well. I don't think I shall ever want to come to England to settle down again. The way we are treated here is far better than the old country ways. I can assure you I have enjoyed myself. Well, Miss, I must once again thank you for your kindness. Believe me to be,

Your sincere friend,
A. M. L. _____

Hamilton, Ontario,

Dear Madam,

June 30th.

You will be pleased to hear I arrived here quite safe, and am in a very good situation, and am getting on fine. It's just like being at home here, the people are so nice. I like it better than England, and I am right glad I came to Canada. I thank you for all your trouble in helping me to get my passage out here.

I remain, yours respectfully,

(Signed) AGNES J. _____

Montreal,
September 1st.

Dear Miss Durham,

I am writing to thank you for the facilities given me on my trip from Liverpool to Montreal. Miss Thomson arranged that I should share a cabin on the "Regina" with the Misses F. and B., who were travelling to Vancouver, and of course, that made all the difference to the enjoyment of the trip. I was able to get a post to-day with Mrs. N——, as a governess but have to do a certain amount of housework. I am in charge of a boy and a girl, 4½ and 7 years, and I feel sure I shall enjoy being with them.

Miss Thomson and Miss Ihlein were very kind to us on board.

With many thanks and kind regards,
(Signed) MARGARET B——

Toronto,
April 10th.

Dear Miss Durham,

Just a line to let you know how I like Canada. I have been in the country nearly 7 months. The second day after arrival I started work. I now have a house-parlourmaid's place and get 35 dollars a month. I have enjoyed the winter very much and am now looking forward to the summer.

Thanking you very much for all your kindness to me,
Yours very truly,
(Signed) NELLY W——

Victoria, British Columbia,
November 4th.

Dear Miss Durham,

I am writing these few lines to let you know I arrived here safely and that I like being here very much. At first I thought I wasn't going to like it, but now I'm quite sure I'm going to "love" it. Mr. and Mrs. C—— are awfully good to me and they have two charming children who are equally as fond of me as I am of them. Last Sunday I was driven out with the family to Elk Lake, where they have a house-boat, and I thoroughly enjoyed myself. There is just *one* thing—I find the cooking *very* different here. However I expect I'll overcome that soon. I'm *so* glad I've got a good post. Thank you so much.

Yours sincerely,
(Signed) JENNY J——

Toronto, Ontario,

May 15th.

Dear Miss Durham,

I now write these few lines to say that I'm quite comfortable, settled at the above address, where I've been a month to-day, and wish to thank you very much for the trouble you had at getting me through, but I am glad to say that *I've found everything exactly as that little book you gave me said*, and I can truly say that I like Canada very much, as I have been very lucky and got a very nice place and I'm doing very well.

(Signed) MARGARET G———

Toronto,

May 20th.

Dear Miss Durham,

I am writing to let you know I have settled down all right. I must say I have had every consideration from the Canadian people. All the advertisements and lectures are nothing until one sees Canada for oneself. I had no trouble with the emigration officials and we were made more than welcome at the hostel. It is a beautiful place and all the ladies in charge are so kind and obliging. We all went to the bureau the day after we arrived and were placed in good positions. There is heaps of work out here for girls.

I find the Canadian women splendid house-keepers and every convenience is here for working with. I am treated as one of the house and the family are just lovely. We are going to Lake Ontario for the summer and I am looking forward to that. I am delighted with Canada and its future prospects.

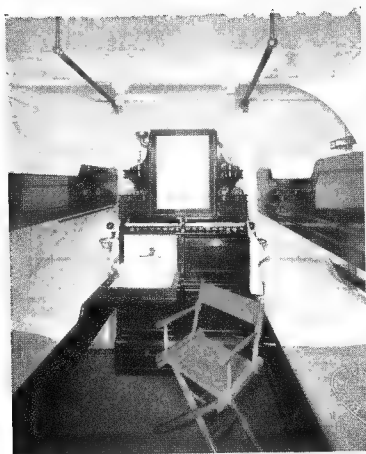
Thanking you for all your consideration,

Yours sincerely,

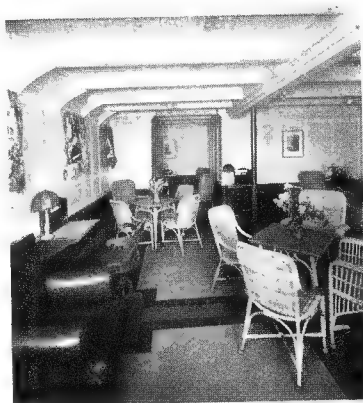
(Signed) KATHLEEN McC———



A farm house of the better type in Manitoba



Third-class two-berth cabin



Third-class sitting room

CUNARD LINE
R.M.S. "ANDANIA"
THIRD-CLASS MENU *Tuesday, August 6, 1929*
DINNER

Consommé Tosca _____ *Crème Portugaise*

_____ *Boiled Turbot—Bercy*

_____ *Petite Bouchée à la Reine*

Roast Fillet of Veal—Stuffing
Haricot Panache _____ *Roast Potatoes*

Lemon Pudding _____ *Pastry*
Ice Cream and Wafers

Hovis Bread _____ *Rolls* _____ *Butter*

Tea _____ *Dessert* _____ *Coffee*



WAGES IN CANADA

Varied According to Demand

The wages outlined below apply to experienced help and vary from time to time. Newcomers should not expect the highest wages until they have become accustomed to Canadian ways.

Nova Scotia, New Brunswick and Prince Edward Island

The demand in these provinces is for the experienced cook-general, with an occasional house-parlourmaid and waitress. Wages run from \$18 (£3 12s.) to \$35 (£7) per month for a cook-general and about \$18 (£3 12s.) to \$25 (£5) for the house-parlourmaid and waitress.

Quebec

In the rural districts and small towns the demand is for the experienced cook-general. Wages range from \$15 (£3) to \$25 (£5). In the cities of Montreal and Quebec, experienced workers in all branches of housework are in demand at all times. For experienced help wages range somewhat as follows, inexperienced girls starting at the lowest wages quoted:—Cooks, \$20 (£4) to \$50 (£10); Cooks-general, \$20 (£4) to \$45 (£9); House-parlourmaids, \$20 (£4) to \$35 (£7); Children's nurse and nursemaids, \$15 (£3) to \$30 (£6). The greatest demand in Montreal is for the thoroughly experienced cook-general—wages, \$25 (£5) to \$45 (£9) per month.

Ontario

Demand and wages vary greatly. In the more sparsely settled districts of Northern Ontario the general worker is in demand, wages ranging from about \$15 (£3) to \$25 (£5). In the Southern and Eastern part of the province workers are wanted in the small towns and on farms in the fruit-growing districts as well as in such cities as Toronto, Hamilton, Ottawa and London. In Toronto, experienced cooks-general can always be placed at good wages. In the rural districts around these centres the wages of a cook-general range from \$20 (£4) to \$30 (£6). The following scale gives an idea of the wages paid in urban homes:—Cooks, \$30 (£6) to \$50 (£10); Cooks-

general, \$25 (£5) to \$45 (£9); Housemaids, \$20 (£4) to \$30 (£6); Parlourmaids, \$20 (£4) to \$35 (£7); Children's nurse and nursemaids, \$15 (£3) to \$35 (£7); Mother's help, \$15 (£3) to \$25 (£5).

Manitoba, Saskatchewan and Alberta

The demand in these Provinces is for the experienced cook-general or general maid only, and the wages paid range from \$18 (£3 12s) to \$30 (£6) in the rural homes, and from \$20 (£4) to \$35 (£7) in such cities as Winnipeg, Regina, Saskatoon, Calgary and Edmonton.

British Columbia

There is always a demand in British Columbia for the thoroughly experienced cook-general. The inexperienced girl, however, will find it more difficult to obtain household work in this Province than in other parts of the Dominion. The wages paid range from \$20 (£4) to \$40 (£8).



GENERAL INFORMATION

On Arrival at the Canadian Port.—Women travellers who intend to become settlers are met by a woman official of the Canadian Government, who will see them into their trains and place them in the care of the train conductress, who is also a Government official.

The Railway Journey.—On Canadian Railways 150 lbs. of baggage are allowed free of charge for each full ticket, and 75 lbs. for each child travelling half-fare. An exception to the above is made in the case of passengers holding colonist or second-class (but not first-class) rail tickets to points in Manitoba, Saskatchewan, Alberta and British Columbia, when the free allowance is 300 lbs., or 150 lbs. for each half ticket. Hand baggage should be as light as possible.

The Canadian National Railways comprises the largest railway system in Canada, and serves all the important cities and agricultural districts in the nine Provinces of the Dominion. Trains are run in connection with the arrival of passenger steamers at the Atlantic seaboard, and transcontinental services are operated from Halifax, Quebec, Montreal, Ottawa, and Toronto to Winnipeg, Vancouver and intermediate points. The line from Halifax, Nova Scotia, is the only through railway route to Quebec, Montreal and the West, while that from Quebec to Winnipeg, through Northern Ontario is the shortest line between these points.

Two famous trains, "The Ocean Limited" and "The Maritime Express," run daily between Montreal, Quebec, and Halifax, while "The Continental Limited" runs right through to Vancouver. The Tourist and Standard Sleeping Cars and Dining Cars, and also the Compartment-Library-Observation cars, ensure the utmost possible comfort for travellers. Meals can be purchased at the principal points en route, where the trains stop a sufficient time for this purpose. In the third-class cars hot water is always available for making tea, and for this purpose a tea-pot, cup and saucer, etc., should be included in the traveller's outfit. Passengers travelling third-class are recommended to provide themselves with a pillow and rugs for use at night, as no bedding is provided by the Railway Companies, and also to take as much of tinned and preserved foods as can be conveniently carried for the train journey.

Transfer of Money

Settlers are advised not to carry any large sum of money with them, but to purchase Canadian National Railways Express Money Orders or Travellers' Cheques, or to have money transferred through the bank to one of the branches of a Canadian bank at the centre to which they are proceeding. Canadian banks are amongst the safest in the world, and no fear need be entertained on this account.

In Canada the decimal system of currency is used, the values being approximately as follows:—

1 cent	$\frac{1}{2}$ d.
5 cents	2 $\frac{1}{2}$ d.
10 cents	5d.
25 cents	1 shilling.
50 cents	2 shillings.

Above fifty cents paper currency is used almost entirely, the principal denominations being one, two, five, ten and twenty dollar bills.

Canadian National Addresses

EUROPEAN HEAD OFFICE:

17-19 Cockspur Street, London, S.W.1.

Liverpool: 19 James Street.	Glasgow: 75 Union Street.
Manchester: 40 Brazennose Street.	Belfast: 74 High Street.
Southampton: 134 High Street.	Cardiff: 82 Queen Street.
Newcastle: 14 Shakespeare Street.	Birmingham: 326 Broad Street.

Interesting Free Books

HELPING SETTLERS TO START IN CANADA

This 64-page book written by a Canadian gives intending settlers just the information they are looking for. It tells, for example, how to prepare yourself for Canada, how to proceed there and how you can be met and quickly placed in farm employment.

The book also pictures every step with illustrations. No intending settler should be without this book. There is no other book in print in Great Britain so complete.

"FARM TRAINING COURSE"

The Canadian National Railways teaches intending settlers by means of a correspondence course the *basic principles* of Canadian farming. Ten little books, well illustrated and simply written, deal

with such practical matters as Grain-growing, Livestock, Dairying, Poultry, Forage Crops, Fruit-growing, Farm Machinery and Farm Management. Over 1,500 British settlers have taken this course, both experienced and inexperienced men, and they have found it a great help. The course is conducted by a Canadian farmer and it does not interfere with your present work. Send for Correspondence Course Prospectus.



Write for the book or books which interest you to:—

EUROPEAN COLONIZATION MANAGER

Canadian National Railways

17-19 COCKSPUR STREET
LONDON, S.W.1

"Going to Canada?"

MEN

If you want to make good on the land in Canada, the Canadian National Railways' Colonization Department can take you direct to employment on a good farm. It has thousands of applications from Canadian farmers for British workers. Experienced married couples are also placed.

BOYS

Parents of boys (14 to 17) who feel that their sons would have a better chance in Canada, may have them placed with hospitable Canadian farmers, where they will be paid wages, regularly visited and helped to work their way to independence. Free passages are provided.

FAMILIES

Are placed on farms of their own in both Eastern and Western Canada. The properties depend upon the amount of capital available. Such families are also given advice and assistance in securing equipment so that they start under the best conditions.

OCEAN AND RAIL TICKETS

The Canadian National Railways book OCEAN and RAIL transportation to all parts of Canada. Canadian National Express orders offer a safe and convenient method of carrying or transferring money and are accepted in all parts of Canada. Settlers are strongly advised to make use of them.



For full particulars address:

COLONIZATION DEPARTMENT

Canadian National Railways

17-19 COCKSPUR STREET

LONDON, S.W.1

